



# MARYLAND Department of Health

## Maryland SHIP Health Action Newsletter

Friday, Nov. 9, 2018

---

### Webinar: National and Maryland Rural Health Day



Image: The National Rural Health Day logo. Text reads, "November 15, 2018. #powerofrural. National Rural Health Day. Celebrating the Power of Rural! It's not just a day, it's a movement."

#### Thursday, Nov. 15

The Maryland State Office of Rural Health (SORH), National Organization of State Offices of Rural Health, and other state and national rural stakeholders will soon "*Celebrate the Power of Rural*" during the annual National Rural Health Day. The SORH is planning to mark the occasion by receiving a proclamation from Governor Larry Hogan declaring November 15, 2018 as Maryland Rural Health Day. The SORH will also celebrate with a webinar which will feature funding opportunities as well as projects happening across rural Maryland.

For more information and to join this webinar, [click here](#). Learn more about rural health programs in Maryland by visiting the [MDH SORH webpage here](#).

---

### Event: Film Screening about College Students and Mental Health



Image: A young woman looking off to her side against a stone and brick building.

#### Thursday, Nov. 15

Maryland's Suicide Prevention and Early Intervention Network will soon host a documentary screening of "*It's Real: College Student and Mental Health*." As part of the Lunch and Learn series, this

film is designed to raise awareness about mental health issues commonly experienced by students. The film conveys that depression and other mental health conditions are real and can be managed through specific treatment and intervention. The goal of this screening is to encourage students to:

- Be mindful of the state of their mental health
- Acknowledge and recognize when they are struggling
- Take steps to seek help

For more information and to register for this screening, [click here](#). If you or someone you know is in crisis, Maryland Crisis Connect is available 24/7 – Please call 211 and select option 1, text your zip code to 898-211, or visit [MDCrisisConnect.org](https://mdcrisisconnect.org).

---

## Event: 31st Annual Infectious Diseases in Children Symposium

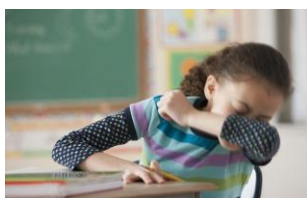


Image: Photograph of a student sneezing.

***Saturday - Sunday, Nov. 17 - 18***

Registration is open for the 31<sup>st</sup> Annual Infectious Diseases in Children Symposium. This event has been crafted to take an in-depth look at the latest updates and advances to enhance both common and emerging pediatric infectious diseases.

Continuing education credits may be available.

For more information and to register, [click here](#).

---

## Event: Primary Care Coalition 25th Anniversary Symposium



Image: Primary Care Coalition of Montgomery County logo.

***Wednesday, Nov. 28***

The Primary Care Coalition of Montgomery County will soon host its 25th Anniversary Symposium, and this year's theme will be, "*Opportunity. Equity. Health.*" This conference will explore how health inequities are apparent in the health care system. Attendees will also learn how to leverage opportunities to create more equitable, person-centered systems and culture of care delivery. There will be three distinct presentation tracks, including:

- Wealth and health equity across generations
- Opportunities in Maryland's Care Transformation initiatives
- Behavioral health equity

For more information and to register for this event, [click here](#).

---

## Webinar: Understanding the Opioid Crisis



Image: Text reads, "This is public health."

***Wednesday, Nov. 28***

The National Network of Libraries of Medicine (NNLM) will soon host a webinar titled, "*Understanding the Opioid Crisis: Where do I Begin?*" The NNLM and the National Institutes of Health provide

resources to learn about opioid abuse and overdose prevention and treatment options. This webinar will discuss many of these resources and explore ideas for their use in community outreach education and programs.

For more information and to register for this webinar, [click here](#).

---

### **Event: A Community Conversation about Depression and Anxiety**



Image: Photo of Jamal Lewis.

#### **Thursday, Nov. 29**

Join the University of Maryland Medical System and the University of Maryland, Baltimore for a free community conversation about the impact of depression and anxiety on men, seniors, and those managing chronic disease. Suicide prevention will also be discussed. Retired Baltimore Ravens running back and Super Bowl XXXV champion Jamal Lewis will share lessons learned on his journey from stardom to managing depression and thoughts of suicide to refining himself.

For more information and to register for this event, [click here](#). If you or someone you know is experiencing a crisis, please contact the [Maryland Crisis Connect](#) or call 211 and press 1.

---

### **Event: Pain and Symptom Management for People with Serious Illness**



Image: Icon of a prescription medication bottle.

#### **Thursday, Nov. 29**

The National Academies of Sciences, Engineering, and Medicine will soon host a public workshop titled, "*Pain and Symptom Management for People with Serious Illness in the Context of the Opioid Epidemic*." This five-part workshop aims to explore the tension between efforts to address the opioid epidemic and the impact on access to pain medications for people facing serious illness.

The first session will provide context with an overview of the scope and severity of the opioid epidemic, and will be held on Thursday, Nov. 29.

For more information about this workshop, [click here](#).

---

### **Event: 15th Annual Health Equity Conference**



Image: The Maryland Department of Health Office of Minority Health and Health Disparities logo.

**Thursday, Dec. 6**

As part of Health Equity Week in Maryland, registration is now open for Maryland Department of Health's Office of Minority Health and Health Disparities' 15th Annual Health Equity Conference. This year's theme will be, "*Achieving Health Equity and Disparity Reduction: Prevention and Cost Savings Initiatives.*" Attendees will learn about:

- Innovative health care delivery initiatives in Maryland
- Current local and national efforts addressing chronic disease prevention and management
- Key tools and resources to strengthen community-clinical linkages

Continuing education credits may be available. Registration closes on Friday, Nov. 30.

For more information and to register for this conference, [click here](#).

---

## Resource: Promoting Flu Vaccination in Your Organization



Image: Image of four business people talking. Text reads, "Make it your business to fight the flu. Learn how businesses and employers can promote flu vaccination." This image is from the Centers for Disease Control and Prevention.

According to the State Health Improvement Process (SHIP) data, 43.2 percent of adult Marylanders were vaccinated against seasonal influenza in 2016. For many people, the seasonal flu is a mild illness, but for others it can lead to pneumonia, hospitalization, or death. The Centers for Disease Control and Prevention (CDC) has provided resources to promote flu vaccination in your organization.

Access these free resources [here](#). Learn more about SHIP data on [flu vaccinations here](#). For more information about the flu, visit the MDH [Prevention and Health Promotion Administration webpage here](#).

---

**Stay Connected using #MDPopHealth**



Visit the SHIP website

[Submit Newsletter Content](#)

[Join our Mailing List](#)

Maryland Department of Health State Health Improvement Process | 201 W. Preston  
St, Baltimore, MD 21201

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [About our service provider](#)

Sent by mdh.marylandship@maryland.gov in collaboration with

**Constant Contact**   
Try it free today